

HERB STOP

October 08 Highlight



GOOD HERBAL CHOICES IN OCTOBER

October is the month when we still experience warm days but the nights are getting much colder. Adjusting to these fluctuating temperatures is very important now to prevent a cold or flu. Warm blankets at night, warmer clothing mornings/evenings, warming foods/drinks, as well as warming herbs are all part of this adjustment. Strengthening your immune system with herbs can give you additional protection against identified and unidentified viruses. Here are some herbal formulas to choose from, depending on your condition:

Winter Relaxing Tea

Sipping a warm cup of this tea in the evening can be warming and comforting to body and soul. The herbs in Winter Relaxing tea are deeply relaxing, calming the mind and body. Some people have noticed when drinking a cup before retiring, that they need less hours of sleep.

Immunity Tea

Many people say that drinking one cup of Immunity Tea once a day has prevented a cold or flu. This tea works by enhancing the body's natural defenses, alkalizing the system and neutralizing heavy and deep compounds of toxicity.

Personalized Immunity©

The herbs in this formula focus on the stability and support of the immune system. Personalized Immunity© can be taken as a preventative for maintaining a healthy immune system, but can also be taking right at the onset of a cold, to stop it. For someone who already has a cold it is known to boost the immune system. Traditionally, this herbal combination has been taken for extreme autoimmune diseases. It does not attack the virus, flu, disease, etc., but is impacting the immune system, and in turn the immune system attacks the disease, flu, virus, etc.

Contains: amla, suma, eleuthero, astragalus.

Viral Defense©

This herbal blend has shown to highly stimulate the immune system and increase viral resistance. When you experience flu like symptoms and chest congestion you may want to take this formula. We have received many testimonials from people who have successfully “kicked” viral infections within a day or two.

Contains: Cayenne, bromeline, echinacea root, acidophilus

Immune Builder©

Many people have been using this formula at the onset of a cold (first two days), to relieve swollen lymph nodes, sore throat, aching body and fever with chills. The herbs in Immune Builder© are known to stimulate and support the immune system, warm the body and promote sweating.

Contains: Echinacea root and herb, astragalus, schizandra and cayenne.

Immune Enhancer©

We offer Immune Enhancer© to those who prefer to take an immune enhancer in liquid form. This formula enhances and supports the immune system for conditions such as Epstein Bar, Fibromyalgia, herpes, HPV and other viral infections. Increasing oxygen levels in the body along with building a more alkaline system you create an unfriendly environment for harmful bacteria and viruses and other diseases. One of the most wonderful things about this formula (and most herbs) is its positive side effects. Immune Enhancer© can sometimes create a popping sound in the ears because this formula has been known to drain the sinuses. Also, some people have said that is helped them with ringing in the ears.

Contains: Echinacea, aerobic oxygen, chamomile, almond extract.

Herbal C

If you are looking for vitamin C that does not cause canker sores or acidity in the body, and stays in the body for more than 24 hours, amla or rosehip is the answer. These two fruits contain the highest source of absorbable Vitamin C in the herbal kingdom. The Herb Stop's Herbal C contains both fruits, with the addition of dulse. Herbal C stays in the body for 36 hours, alkalizing the body, enhancing the vitality of every cell, and increasing immune response against colds, flu and infections,

Warming and Immune Enhancing Soups

It is time again to cook up some soups! Soups are warming, nutritious, easily digestible and with the addition of herbs can boost the immune system. Here are some wonderful and easy recipes:

Carrot - Ginger Soup

4 cups carrots (cut up)
4 cloves of garlic (fresh and sliced)
4 teaspoons ginger (fresh and grated)
4 pints good water
4 teaspoons Dr. Bragg's Aminos
Sunflower or Grapeseed oil

Sauté the garlic and ginger in the oil for about 4 minutes. Add the carrots, sauté for another 4 minutes, then add water to cover and the aminos. Simmer until done (about 30 minutes). Puree and serve.

Lemon Verbena Beef Soup

4 beets (with or without tops)
4 tablespoons lemon verbena
Yogurt or buttermilk
Juice from one lemon
1 cup roasted and ground hazelnuts
1 cup sour cream
Snipped fresh chives

Simmer beets in water with lemon verbena until done (about one hour). When cooled, peel beets and puree. Add lemon juice and yogurt/buttermilk to suit your taste. In a separate bowl smix hazelnuts with sour cream. Serve the soup warmed with a dollop of hazelnut cream and some snipped chives.

Thymus Thump

Thumping the sternum area lightly for a few seconds highly stimulates the thymus gland (the place where T-Cells mature).

Scent For October

The essential oil produced from *ravensara aromatica*, a tree growing on the island of Madagascar, is an exceptional immune system stimulant, excellent to use at the beginning of a cold or when feeling run down. Ravensara is also great to use for sinusitis, aches and pains and cold sores. Use this essential oil in your room diffuser, bath or massage oil.

October 23rd - November 22nd Birthday People

If your birthday falls between October 23rd and November 22nd your astrological sign is Scorpio. Scorpio people have a tendency to have problems with their reproductive organs and genitals. Herbs and foods for Scorpio affect the glandular system, sexual drive and desire to procreate: blessed thistle, leek, horseradish, wormwood, and sarsaparilla.

Viral Balance©

This essence boosts the immune system, clears the body of viral imbalances and thins the blood. Good for the whole family to fight colds and flues.

Rim Country Mix III

Rim Country Mix I is a homeopathic style remedy and has shown to be helpful last spring time for people suffering from allergies, especially juniper. Now, we have formulated Rim Country Mix III for people experiencing allergies at this time, especially mold in pine trees.

The Herb Stop
P.O. Box 673
Pine, AZ
85544

toll-free 877-345-Herb (4372)
w. 928-476-4144
f. 928-476-4806
www.HerbStopOnline.com